



WHAT YOU CAN *Do About Bullying*

Bullying is any unwanted aggressive behavior among peers where there is power imbalance. The behavior is repeated over time and includes actions such as threats, spreading rumors, attacking someone, and excluding someone on purpose.

Bullying can affect kids' health and well-being. Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.

Here's what to look for and how to take action when it comes to bullying:

Recognize the warning signs that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying. Although these signs could signal other issues, you should talk to your child if they display any sort of behavioral or emotional changes. Many times kids won't ask for help, so it is important to know what to look for. If your child is at

immediate risk of harming himself or others, get help right away.

Learn what bullying is and what it is not.

Understanding what bullying is is the first step in forming a plan to prevent or respond to bullying with your child. Many behaviors that look like bullying may be just as serious, but may require different response strategies. You can also learn about:

- » The frequency of bullying;
- » Who is at risk for being bullied and bullying others; and
- » The effects of bullying

Cyberbullying often requires different strategies than in-person bullying. Learn how to work with your kids to prevent cyberbullying and how to respond when it occurs.

Utilize tips and tools to talk to your child about bullying.

Opening lines of communication before your child is involved in bullying makes it easier for them to tell you when something happens.

It is also important to work with a school to help prevent bullying before it starts.

If you know or suspect bullying has occurred, learn how to find out what has happened with your child. Understanding what has happened can also help in communicating with school or community officials about the situation.

If you have determined bullying has occurred, learn how you and school or

community officials can work together to support your child, whether they were bullied, bullied others, or witnessed bullying. If bullying is occurring at school, learn about what your state requires schools to do in your state's anti-bullying law. Learn also about federal laws that require schools to address harassment based on race, color, national origin, sex, and disabilities and ways to report situations that have not been adequately addressed to the U.S. Departments of Education and Justice.

Remember, parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, use the information above to create an action plan and put a stop to the harmful behavior.



FAST FACTS ON BULLYING

According to DoSomething.org:

1. Over 3.2 million students are victims of bullying each year.
2. Approximately 160,000 teens skip school every day because of bullying.
3. Seventeen percent of American students report being bullied 2 to 3 times a month or more within a school semester.
4. One in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time.
5. By age 14 less than 30% of boys and 40% of girls will talk to their peers about bullying.